Accommodations:

Students should contact the teacher for specific concerns that may affect their academic performance.

Statement on Student Wellness:

Student wellness shall be our utmost priority. If in any case a course requirement will impact the health of a student, he or she must inform the teacher immediately.

Advising and Support:

Students may contact the teacher anytime for advising and support. The use of e-mail is recommended, but students without internet connection may send text messages. The teacher will strive to reply to concerns promptly, but there may be instances when replies may take some time. This can happen when queries are sent in the middle of the night or during weekends.

Caveat:

The faculty member who will handle this course reserves the right to make adjustments or changes throughout the semester. As a student, you are reminded that you are responsible to learn about these changes if you miss any class time.

epared by:	Reviewed by:	Approved:
MA. SALESTE D. SAN PABLO, MAED	MARIA MERONOMA. REMON, MN	MARY JOY BY CATANGUI, Ed.D.
Faculty	Associate Dean	Dean

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BU-F-VPAA-04 Effectivity:July 8, 2020

Revision: 2 Page 13 of 13



Frederick, Shane (author), Capstone (publisher) Football Stats and The Stories Behind Them: What Every Fan Needs to Know 2017

Dr. Carmen Tabije Andin, Teaching Physical Education in Philippine Schools, Rex Bookstore Marcial F. Domingo, Volleyball, Instructional Handbook for High School and College Levels

Mervyn Beck, Stuart Biddle, Anne de Looy, Peter Thomas, Get Ready for Soccer, The Crowood Press.

Tim Edwards, Harry Redknap, "Football",

Tim Edwards Forewords by Harry Redknapp Football (All the skills you ever wanted to learn)

Jens Bangsbo / BirgerPeitersen Defensive Soccer Tactics (How to stop players and teams from scoring) Revised edition of Viforsuarer

Christopher A. Hoper, PhD. Humboldt State University, Michael S. Davis Phd. Mounthood Community College (Coaching Soccer Effectively)

Websites

http://www.fifa.com/Glossary.html/ (Date retrieve May 26, 2019, 11:26:02)

https://www.youtube.com/watch?v=pH_G1f6Kzfl (football basic skill) (july 20,2020)

https://www.google.com/url?sa=i&url=http%3A%2F%2Fwww.depedbataan.com%2Fresources%2F20%2Fgrade_8_teaching_guide_pe-q2_(1).pdf&psig=AOvVaw1fkUbHXI4MpCyYudfitUcv&ust=1595376980292000&source=images&cd=vfe&ved=0CAlQjRxqFwoTCNjN8Nml3eoCFQAAAAAAAAAABB0 https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F257268197439427786%2F&psig=AOvVaw1fkUbHXI4MpCyYudfitUcv&ust=1595376980292000&source=images&cd=vfe&ved=0CAlQiRxqFwoTCNiN8Nml3eoCFQAAAAAAAAABB5

http://hnupe.weebly.com/basketball.html

https://www.slideshare.net/djpprkut/mapeh-volleyball

Course Policies:

The policies listed below may change throughout the semester, depending on the country's health situation and other concerns. Students are responsible for learning about these changes. Announcements shall be posted in the course site.

Ethical Policies:

Students are expected to act with decorum in communicating with the teacher and classmates either one-on-one or in the discussion boards. Proper netiquette is expected. For more information, see https://www.rasmussen.edu/student-experience/college-life/netiquette-guidelines-every-online-student-needs-to-know/

Academic Integrity Policy:

Plagiarism shall not be tolerated. Students caught/found submitting papers copied from others and presenting them as their own shall be given a failing grade. For more information, see: https://www.plagiarism.org/article/what-is-plagiarism

Policies on Absences and Tardiness:

As we are currently using the blended learning modality, there will be virtual classes (asynchronous and synchronous) and a physical F2F classes, whichever is applicable for this PE21 class activities. Attendance is required during the on-site practicum, midterm and final exams where you will need to present your vaccine card and COR at the BUPC gate to allow entry in the school campus.

Language of Instruction:

Given the nature of our course, the language of instruction is English. Filipino may be used with the permission of the teacher from time to time. Bikol is discouraged because students come from various provinces with different/distinct dialects.

BU-F-VPAA-04 Effectivity:July 8, 2020 Revision: 2 Page 12 of 13



•	Identify the different basic football drills in soccer/football. Apply the basic football drills in daily living Appreciate the importance of basic drills in soccer/football.	C. BASIC FOOTBALL DRILLS BALL FEELING Toe touches Sole rolls Outside and inside touch Juggling (3reps and 5reps)	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom) Face to Face	Video Tutorial online ideas (Youtube), PPT Presentation other reference materials / modules.	95% of the student should participate in the discussion. Students should determine and know the proper execution of basic football drills	Participation in the discussion board (via forum postings, learning logs,) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible). The student will send a video presentation showing the proper execution of basic drills in soccer/football (asynchronous) The students will show their proper execution of drills in soccer/football virtually. (synchronous) CRITERIA: Proper Execution — 50% Timeliness — 30%	2 HOURS (Week 16)
•	Identify the different basic skills in soccer/football (passing and receiving) Execute properly the basic skills in soccer/football (passing and receiving)	D. PASSING SKILLS Passing Ground pass Inside-of the-foot Outside-of the-foot Instep Lofted pass Short chip Lofted instep	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom) Face to Face	Video Tutorial online ideas (Youtube) , PPT Presentation other reference materials / modules.	95% of the student should participate in the discussion. Students should determine and know the proper execution of basic skill in soccer/football (passing and	Resourcefulness -20% Participation in the discussion board (via forum postings, learning logs,) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible). The student will send a video presentation	2 HOURS (Week 17)
٠	Appreciate the importance of basic skills in soccer/football	RECEIVING SKILLS • Receiving Ground balls			receiving)	showing the proper execution of basic skills in football (passing and receiving)	8 .081

Revision: 2 Page 10 of 13



ted • ins • thi	side of the foot chnique step	(asynchronous) The students will show their proper execution of basic skills in football (passing and receiving) virtually. (synchronous) CRITERIA: Proper Execution – 50% Timeliness – 30% Resourcefulness -20%	
SUMMING UP AND COMPLETION OF ALL THE REQUIREMENTS			2 HOURS Week 18
Total Number of hours			36 hrs

Course Requirements:

Type of Requirements	Specific Requirements	Modality of Submission	Due Date
Tests and Examinations	Outputs/ Practical Exam	Google classroom https://classroom.google.com/c/NTM4NTM1MTU0MDI5 BULMS https://bulms.bicol-u.edu.ph/course/view.php?id=676	Open
	Midterm Examination (Written Exam)	Google classroom https://classroom.google.com/c/NTM4NTM1MTU0MDI5 BULMS https://bulms.bicol-u.edu.ph/course/view.php?id=676	Ореп
	Final Practicum Output	Google classroom https://classroom.google.com/c/NTM4NTM1MTU0MDI5 BULMS https://bulms.bicol-u.edu.ph/course/view.php?id=676	Open
Class Participation	Participation in Discussion Forum	Google classroom https://classroom.google.com/c/NTM4NTM1MTU0MDI5 BULMS https://bulms.bicol-u.edu.ph/course/view.php?id=676	Open

Course Assessment:

System of Computing Grades:

Midterm Grade = Tentative Grade = Practical (45%) + Midterm Exam (35%) + Class Participation (20%) Practical (45%) + Final Exam (35%) + Class Participation (20%)

Final Grade =

Midterm Grade (30%) + Tentative Grade (70%)

References:

BU-F-VPAA-04 Effectivity:July 8, 2020 CONTRACTOR CONTRACTOR

Revision: 2 Page 11 of 13



Ball Control.	Ball Control while walking	Learning via Learning	online ideas (Youtube) , PPT	95% of the student should participate	video presentation.	1 HOUR (Week 12)
Enumerate the basic types of proper Ball Control.	 solo ball-control Left and right arm ball 	Management System (Face to Face)	Presentation other reference materials /	in the discussion. Students should	RUBRIC CRITERIA Clarity of video submitted	
Demonstrate the proper execution of basic ball	control	(, , , , , , , , , , , , , , , , , , ,	modules	determine and know the proper execution of ball	:20% Proper Execution:50% Content :30%	
control.				control	Overall :100%	
Review the definition of passing and setting.	E. Passing and Setting Passing	Blended Flexible Learning via	Video Tutorial online ideas (95% of the students should participate in the	The student should Attend gmeet for the	1 HOUR
 Enumerate the proper passing and setting. 	*Forearm pass *Overhead pass	Learning Management System Face to Face	Youtube), PPT Presentation other reference materials /	discussion. Students should determine and	virtual practicum in Passing and setting.	(Week 12)
Demonstrate the proper execution of basic passing and setting.	Pass to self Wall digging pass Pass-set-pass	Tace to Tace	modules.	know the proper execution of passing and setting.		
Review the definition of Serving.	F. Serving	Blended Flexible	Video Tutorial	95% of the students should	Student should submit a video presentation.	
Enumerate the proper serving.	Underhand serveSidearm serveOverhand serve	Learning via Learning Management System Face to Face	online ideas (Youtube), PPT Presentation other reference materials /	participate in the discussion. Students should determine and	RUBRIC CRITERIA Clarity of video submitted :20%	2 HOURS (Week 13)
Demonstrate the proper execution of basic types of serving.		. 255 15 / 255	modules.	know the proper execution of passing and setting.	Proper Execution:50% Content :30% Overall :100%	OCCED
Discuss the Historical Background of	III.SOCCER/FOOTBALL	Blended Flexible	Video Tutorial online ideas (95% of the student	Participation in the discussion board (via	68 NOT 2

Revision: 2 Page 8 of 13



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Soccer/Football Enumerate the Laws of the game of Football / Soccer Recognizing the legal and illegal of the game of football	A. Historical Background of Soccer / Football Forerunners Modern Football / Soccer Soccer in the Philippines Football Basic Rules	Learning via Learning Management System (Google Meet, Google Classroom)	Youtube), PPT Presentation other reference materials / modules.	should participate in the discussion. The students should know the historical background and laws of the game of soccer/football	forum postings, learning logs,) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible).	2 HOURS (Week 14)
 Identify the different basic exercise in soccer/football. Apply the basic exercise in daily living. Appreciate the importance of exercise in every sports. 	B. BASIC EXERCISE IN SOCCER/FOOTB ALL FOOTWORK EXERCISE Single leg (low knee) Double leg (high knee) Launches (low and high knee) Sidestep (left and right) In and out (left and right) SPEED AND AGILITY EXERCISE Sprint Suicide run	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom) Face to Face	Video Tutorial online ideas (Youtube), PPT Presentation other reference materials / modules.	95% of the student should participate in the discussion. Students should determine and know the proper execution of footwork and other exercise	Participation in the discussion board (via forum postings, learning logs.) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible). The student will send a video presentation showing the proper execution of basic exercise. (asynchronous) The students will show their proper execution of basic exercise virtually. (synchronous) CRITERIA: Mastery – 30% Timeliness – 15% Execution – 40% Resourcefulness 15%	2 HOURS (Week 15)

Revision: 2 Page 9 of 13



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 Review the definition of Passing. Enumerate the basic types of proper passing in basketball. Demonstrate the proper execution of basic passing. 	F. PASSING Chest Pass Bounce Pass Overhead Pass	Blended Flexible Learning via Learning Management System Face to Face	Video Tutorial online ideas (Youtube), PPT Presentation other reference materials / modules.	95% of the student should participate in the discussion. Students should determine and know the proper execution of passing.	Participation through face book messenger, (sending of videos of the performances) Student should submit a video presentation. RUBRIC CRITERIA Clarity of video submitted: 20% Proper Execution 50% Content: 30 % Overall: 100%	2 HOURS (Week 8)
 Discuss the Historical background and origin of Volleyball. Identify and Enumerate the facilities and equipment use in Volleyball. Appreciated and demonstrate the laws and basic rules in Volleyball. 	II. VOLLEYBALL A. HISTORY Historical background / Origin, Discuss the Historical background of Volleyball. FACILITIES AND EQUIPMENT • Measurement • Dimensions • Equipment needed.	Asynchronous/Synch ronous online learning via a learning management system (google meet, google classroom)	Books, on-line ideas and other reference materials/module s	*90% of the students participate in the discussion. The students should know the rules and adopt the policies. The students can actively participate in the discussion.	Participation in the discussion board (via forum postings, learning logs,) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible).	2 HOURS (Week 9)
	VOLLEYBALL BASIC RULES Official's Hand Signals Basic rules for playing the game			*90% of the students got a 75% passing score	ASYNCHRONOUS The students will have a short quiz.	
BU-F-VPAA-04					· ·	Revision: 2

Revision: 2 Page 6 of 13



	Rules Violation					
MIDTERM/ FINAL EXAM/ ACTIVITY						1 HOUR (Week 10
 Discuss the importance of Warm-up exercise in Volleyball The students should appreciate and learn the basic exercise and drills in Volleyball. Execute basic exercise and drills in Volleyball. 	B. Basic Warm-Up Exercise for Volleyball Simple jog (front jog and back pedal) Carioca (Lateral Movement) Shuffles sideways with arms Vertical Jump	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom)	Books, on-line ideas and other reference materials/module s	90% of the students participate in the discussion. 90% of the students practice the exercises and drills in Volleyball.	Student should submit a video presentation. RUBRIC CRITERIA Clarity of video submitted :20% Proper Execution:50% Content :30 % Overall :100%	1 HOUR (Week 10)
 Discuss the importance of Basic Skills. Identify and Enumerate the Basic Skills in Volleyball. Execute and appreciate the types of Basic Skills in Volleyball. 	C. Introduce the different types of Basic Skills in Volleyball. Review all the different skills in volleyball Passing Setting Spiking Blocking Digging Serving	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom)	Books, on-line ideas and other reference materials/module s	95% of the student should participate in the discussion. Students should enumerate and execute different types of Basic Skills in Volleyball.	Participation in the discussion board (via forum postings, learning logs,) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible). The students will have a short quiz	2 HOURS (Week 11)
Review the definition of	D. Ball Control	Blended Flexible	Video Tutorial	6	Student should submit a	

Revision: 2 Page 7 of 13



 Identify and Enumerate the Basic Skills in Basketball. Execute and appreciate the 3 types of Basic Skills in Basketball. Review the definition of Dribbling. Enumerate the basic types of proper dribbling. Demonstrate the proper execution of basic dribbling. 	Review all the different skills in basketball. BASIC SKILLS IN BASKETBALL Dribbling Passing Shooting D. DRIBBLING One-hand Two-hands High Dribbling Low Dribbling	(Google Meet, Google Classroom) Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom)	Video Tutorial online ideas (Youtube) other reference materials / modules. Video Tutorial online ideas (Youtube), PPT Presentation other reference materials / modules.	Basic Skills in Basketball. 95% of the student should participate in the recitation/ oral evaluation. 95% of the student should participate in the discussion. Students should determine and know the proper execution of dribbling.	After discussion, conduct a virtual recitation or oral evaluation. (Short Quiz) Student should enumerate and identify the different types of basic skills in basketball. Student should submit a video presentation showing the proper execution of dribbling. RUBRIC CRITERIA Clarity of video submitted:20%	2 HOURS (Week 5)
 Review the definition of Passing. Enumerate the basic types of proper passing in basketball. Demonstrate the proper execution of basic dribbling. 	E. SHOOTING • Set shot • Jump-Shot • Lay-Up	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom)	Video Tutorial online ideas (Youtube) , PPT Presentation other reference materials / modules.	95% of the students should participate in the discussion. Students should determine and know the proper execution of dribbling.	Proper Execution 50% Content :30 % Overall :100% The student should Attend google meet for the virtual practicum in shooting. Students should use improvised ball and ring. Student should submit a video presentation.	2 HOURS (Week 7)

Effectivity: July 8, 2020



Course Outline:

Specific Learning Outcomes	Learning Content	Instructional Delivery	Instructional Resources	Performance Standard	Assessment Tasks/Outputs	Time allotment Duration
Be able to discuss the quality policy and the VMGO of the university and the Institute of Physical Education Sports and Recreation. (BUIPESR) Relate the attributes of a BU graduate to oneself pursuant to the aim of becoming a world class university	VMGO of the university, college, and the department Introduction to PE 21 Presentation of Course requirement	Asynchronous online learning via a learning management system/Google Classroom	Copy of the VMGO (e-copy) BUIPESR profile and student handbook (e-copy)	Recite the VMGO and identify the attributes inherent to BU graduates. 100% of the students can state/recite the VMGO of the University and the Institute\ *85% of the students are aware of the grading system and requirements of the course and the content of PE 21.	Participation in the discussion board (via forum postings, learning logs, blogs) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible). Ask student about their expectation to the subject.	2 HOURS (Week 1)
 Discuss the Historical background and origin of Basketball. Identify and Enumerate the facilities and equipment use in basketball. Appreciated and demonstrate the laws and basic rules in Basketball. 	I. BASKETBALL A. HISTORY Historical background / Origin, Discuss the Historical background of Basketball. FACILITIES AND EQUIPMENT Measurement Dimensions Equipment needed.	Asynchronous/Synch ronous online learning via a learning management system (google meet, google classroom)	Books, on-line ideas and other reference materials/module s	*90% of the students participate in the discussion. The students should know the rules and adopt the policies.	Participation in the discussion board (via forum postings, learning logs,) Google Classroom, FB messenger, Email, SMS or Face-to-face (if possible).	2 HOURS (Week 2)



	BASKETBALL BASIC RULES Layouts Positions Scoring Fouls Violation			The students can actively participate in the discussion.	The students will have a short quiz.	
Discuss the importance of exercise and drills in basketball The students should appreciate and learn the basic exercise and drills in Basketball. Execute basic exercise and drills in Basketball.	B. BASIC EXERCISE AND DRILLS IN BASKETBALL Warm-Up Stretching and rotation Leg Exercise Cooling down Basic Drills Footwork	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom)	Books, on-line ideas and other reference materials/module s	90% of the students participate in the discussion. 90% of the students practice the exercises and drills in Basketball.	Student should submit a video presentation. RUBRIC CRITERIA Clarity of video submitted :20% Proper Execution 50% Content :30 % Overall :100%	2 HOURS (Week 3)
Bly Virtual Hataw	Introduced to the traditional Hataw every September virtual.	Blended Flexible Learning via Learning Management System (Google Meet, Google Classroom)	Video Presentation	95% of the students should participate BU Hataw presentation 95% Students should submit a video of performing BU Hataw.	Participation through face book messenger (sending of videos of the performances) The students should submit a video presentation	2 HOURS (Week 4)
Discuss the importance of Basic Skills.	C. Introduce the different types of Basic Skills in Basketball.	Blended Flexible Learning via Learning Management	Books	90 % of the students should explain and be familiarize with the	Participation through face book messenger (sending of videos of the performances)	08 1104

Revision: 2 Page 4 of 13



(1)	BICOL UNIVERSITY Legazpi City	Course Code and Title	PE 21: Fundamentals of Games and Sports				
		Term	First semester, SY 2022- 2023	Class Schedule	Thursday 1:00-3:00pm		
		Revision Date	August 8, 2022	Co-Requisite/s	None		
		Credit	2 units	Pre-Requisite/s	None		
		Course Placement	BTLEd 2 nd Year	Type of course	Lecture/Practicum/Assess ment/Mandated Course		
College:	BU Polangui Campus	Faculty	Ma. Saleste D. San Pablo,MAED	Consultation Hours	Friday 10:00-11am		
Department:	Teacher Education	Contact Details	msdsanpablo@bicol-u.edu.ph 09304097564	Dean/Director	May Joy B. Catangui, Ed.D		
Program:	Bachelor of Technology and Livelihood Education	Department Chair	Ma. Saleste D. San Pablo, MAED	IS	SUED		
Vision	A world-class university producing leaders and change agents for social transformation and Development	Core Values	Scholarship, Leadership, Characte		Date: 0 8 NOV 2022		
Mission	Give professional and technical training, and provide advanced and specialized instruction in literature, philosophy, the sciences, and arts besides providing for the promotion of scientific and technological researches (RA5521, Section 3.0)	Quality Policy	Bicol University commits to continuextension by meeting the highest less standards and applicable statutory	evel of clientele satisfac	tion and adhering to quality		

Institutional Learning Outcomes:

Every BU graduate should:

Demonstrate critical thinking and integrative skills to solve problems and to support lifelong learning;
 Communicate effectively and appropriately orally and in writing for various purposes with the responsible use ICT tools;

BU-F-VPAA-04 Effectivity: July 8, 2020



Page 1 of 13

